



Omaha Hockey Club
Board of Directors Memorandum

Omaha Hockey Club Members:

The board is aware that our membership is very concerned about the impact possible directed health measures will have on our programs.

Obviously, it is the goal of our organization to continue to play in the safest manner possible.

First, We would like to thank you very much for your cooperation and patience with us as we navigate these unusual circumstances. We are aware that this season has been difficult and ever-changing. The introduction of new Directed Health Measures on 11/13/2020 for the State of Nebraska has necessitated a few changes to our policies.

As many of you may have seen, the governor put out a new chart of directed health measures on Friday which will take effect if our hospitals have a Covid capacity of 25% or greater. We will need to wait until a new Directed Health Measure is released before any further changes are made.

That being said, we have received the following updates from the rinks:

From Ralston:

These will be mandatory and if not adhered to, will result in the cancellation of ice.

New rules for youth games:

- 25% capacity
- Face Masks at all times (including in the locker rooms and coaches on the bench), no exceptions. Medical conditions must wear a face shield. Without one or the other, you are not permitted into the venue.
- Social distance mandatory
- Only household family members can attend the sporting event.

According to the Directed Health Measures:

Extracurricular youth activities are permitted, so long as ALL other gathering requirements are followed, subject to the following specific requirements where applicable: Fan attendance for all indoor youth extracurricular activities is limited to household members of participants only. Household units must maintain six (6) feet of distance from any other household unit. Household units may not exceed eight (8) individuals.

From Moylan:



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Currently limited to 25% capacity which severely limits the number of participants and spectators.

For Practices:

- Teams will have access to building/locker rooms 30 minutes before practice and must exit the building within 15 minutes of getting off the ice.
- Parents are encouraged to drop players off. If they choose to attend practice, there is a limit of one person per player - enter at start of practice and leave right after practice.

For Games:

- Teams will have access to building/locker rooms 30 minutes before practice and must exit the building within 15 minutes of getting off the ice.
- Spectators limited to immediate family only. Prefer one person per player. Must sit with family groups. Spectators enter at time of puck drop and leave immediately following the game.

Additional Notes about Locker Rooms and Dressing:

Your child is not required to use a locker room. If a coach wishes to have a team meeting, that meeting can take place in a common area.

IF YOUR CHILD NEEDS HELP DRESSING HIM/HERSELF, YOU SHOULD DRESS THEM AT HOME. COACHES/LOCKER ROOM MONITORS CAN HELP WITH SKATE TYING.

It has also been noted that there are parents who are helping players dress in the locker rooms. UNLESS YOU HAVE COMPLETED YOUR SAFESPORT TRAINING, YOUR BACKGROUND SCREENING AND HAVE REGISTERED WITH OHC AND USA HOCKEY AS A VOLUNTEER YOU ARE NOT TO BE IN A LOCKER ROOM!

Please contact your area director if you have any questions about this policy.

A Reminder About Masks

Regardless of your personal opinions about the use/effectiveness of masks, the health department uses mask wearing as a litmus for whether or not a person (team) needs to quarantine. **Masks must be worn in all areas at all times! Players need to wear masks until helmets are on and they are on the ice.** If masks are worn by all parties, quarantine of an entire team may not be necessary. In order to protect your hockey investment, I encourage you to remind your player to wear masks at all times except when on the ice with a helmet on. If players and coaches are wearing masks in lobbies, locker rooms, dryland areas and they are exposed - quarantine may not be necessary. If teams are NOT wearing masks in locker rooms, dryland areas and open areas, it is quite possible your team may lose 2 weeks of ice, tournaments, etc. Additionally, if you are commuting/carpooling with other team members and are in a car with them, you should also wear a mask as being in the car with a person without a mask on would be greater than 15 minute exposure without a mask.



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COVID cases are on the rise in the metro. We are already starting to be impacted by positive cases on our teams.

From the Douglas County Health Department:

In a classroom where everyone is masked, the Nebraska Department of Health and Human Services now allows school-aged children to self-monitor for symptoms for two weeks instead of quarantine if they had an exposure in the classroom. Pre-K through 12th grade teachers and staff have also been given the ability to self-monitor instead of quarantine if they have had an exposure (provided they don't develop any symptoms); however, in addition to self-monitoring twice daily, they must wear a mask at work for 14 days following exposure AND practice social distancing.

Test results will be more accurate if you wait 4-5 days after exposure before getting tested. Getting tested sooner increases the chances of getting a false negative result, meaning you are actually infected with coronavirus but it is too soon for the virus to be detected.

If your exposure was less than 15 minutes or further than 6 feet (especially with masks in place) with a person confirmed to have COVID-19 OR your contact was indirect (contact of a contact), then the recommendation is to self-monitor for COVID-19 symptoms for 14 days.

As always, if you have questions or concerns, please do not hesitate to reach out to your area director.

Keep up the good work! Wear your masks!

Your Omaha Hockey Club
Board of Directors